

Possible impact of 2 – 3 hours per week movement intervention on fitness of patients with multiple sclerosis.

The aim of this thesis is to assess the change in fitness in people with mild and moderate MS disability after completing 10-week range of motion in the 2 to 3 hours per week. The research sample consisted of 20 patients (18 women and 2 men) with multiple sclerosis light and moderate degree of disability (EDSS 1-4). Pedestrian by comparison tests (4 MW, and T25-FW), parameters of body composition (% FM, FFM, BCM and ECM / BCM) Kutzkeho disability scale (EDSS) and the impact of questionnaire fatigue (MFIS) and quality of life of patients RS (MSQOL-54) was assessed by change in fitness of patients after 10-week exercise program experimental group and the same period in the control group. Initial results (before starting the program) and final results (after completion of the program) of each probandek were compared and statistically evaluated.

17 patients completed the program. On the basis of changes in the measured values, the experimental group (n = 8) achieved significant improvement in both pedestrian tests, the impact of fatigue and quality of life compared to the control group (n = 9). Likewise, evidence of changes of body composition influence of regular physical activity in patients with multiple sclerosis.

Key words: multiple sclerosis, movement program, health related fitness, walking tests, bioimpedance, quality of life